

Hawai'i Coalition for Dads

Hawai'i Dads (Makuakāne)

Vol. 6, No. 1 • 2009

HCD awarded education materials grant worth \$3,000

NFI Fatherhood Resource Center grant



The Hawai'i Coalition for Dads has received another fully-stocked Fatherhood Resource Center from the National Fatherhood Initiative (NFI: www.fatherhood.org).

The latest **Fatherhood Resource Center** grant includes a portable kiosk for HCD's public education displays, posters, NFI brochures (*12 Questions to ask Before Becoming a Father*, *So you're a New Father...or are About to Become One!*, *10 Ways to be a Better Dad*, *How to Help Your Child Do Well In School*, *12 Simple Ways to Balance Work & Family*, *7 Benefits of Marriage for Men*, *Creating A Safe Home For Your Family*), *Daddy Packs™*, and *24/7 Dad* interactive CD ROMs—worth \$3,000.

With this educational materials grant HCD continues its partnership with NFI to improve the well being of children and their families by increasing the proportion of children growing up with involved, responsible, and committed fathers.

These free fatherhood materials are available for fathers and family members. Send a list of requested materials along with your name and address to: Hawai'i Coalition for Dads; c/o PACT; 1485 Linapuni St. #105; Honolulu, HI 96819; call 808/841-2245; or e-mail HawaiiDads@pacthawaii.org. ~HI Dads~

SpankOut Day USA ~ April 30th

All caregivers of children are urged to recognize SpankOut Day USA on April 30th by not using corporal punishment on children and by instituting positive discipline methods. EPOCH-USA (End Physical Punishment of Children) sponsors SpankOut Day to advocate the use of child-rearing practices that help develop caring, responsible, self-disciplined adults.

Source: SpankOut Day USA (www.stophitting.com) ~HI Dads~

**SpankOut
Day USA
April 30th**

June is Fathers Month in Hawai'i—

CELEBRATE FATHERS Day at Windward Mall—Saturday, June 20, 2009; 11 - 3

Join in the Hawai'i Coalition for Dads' 11th Annual CELEBRATE FATHERS Day at Windward Mall on Saturday, June 20, 2009 from 11-3 p.m. The Celebration includes a Father-Child Look-Alike contest, family entertainment, fun activities, information tables, and NFI Golden Dads gift bags.

Men's Health Week—June 15-21, 2009

Men's Health Week resolutions are passing through the 2009 Legislature. Men's Health Week is held each year to give individuals, health care providers, public policy makers, and the media an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. For a partial list of activities go to: www.menshealthweek.com. *Blueprint for Men's Health: A Guide to a Healthy Lifestyle* is also available online from Men's Health Week. ~HI Dads~

Visit HCD's web pages: www.pacthawaii.org/hcd.html

NFI Fatherhood Resource Center brochure:***So you're a New Father...
or are About to Become One!***

The job of being a dad has rewards and is exciting. At times, though, it can be a challenge. The tips in this brochure will help you as a new dad get started on the road to being a great dad.

What makes a great dad?

LOVE: This is the most important factor; the type of love that says I'm there for you through thick and thin, through the messy toddler years, moody teen years, and joys and pains of adulthood. It's the type of love that leads you to put your life on the line to protect your child.

TIME: Nothing says I love you more to a child than when you spend time together. Spend as much time as you can with your child. Do simple things like eating meals and taking walks together. Simple things like these will help your child to be happy and succeed in life.

COMMITMENT: Being a dad is the biggest commitment you will ever make. Keep your word to your child. Remember, fatherhood is forever.

RESPONSIBILITY: You are responsible for your child's physical, emotional, and spiritual health. A great dad thinks about his children when making important life decisions.

**10 things you can do to be a Great Dad!**

1. **Get in the Game Right Away.** There are no benchwarmers in fatherhood.... You should be as involved in your baby's life as is mom. Change diapers. Give your baby a bath. Go to doctor visits. Babies of involved dads are more likely to succeed in life than are babies of uninvolved dads.
2. **Touch, Hold, and Play with Your Baby.** Some men are nervous about holding their baby. "I might hurt him,: they worry. "or, worse, I might drop her!" Don't worry. There's no better way to bond with your baby than to touch, hold, and play with him....Here's how to hold your baby. Support his head. Keep one hand behind the back of the head so you can cradle it. Let your baby see your face. The best way is to hold her against your body. His body should be horizontal (straight across) with the head a couple of inches higher than the feet.
3. **Respond to Your Baby's Needs.** When your baby cries, go to him....
4. **Make Time for Your Baby.**Managing your time is now a challenge. and changing your schedule to be there for your child isn't always easy....
5. **Make Time for Your Marriage.**Remember, mom needs your time and love, too....
6. **Get Some Sleep (Really!).** ...Here are a few ways to help baby sleep so you can, too....
7. **Don't Think That a Paycheck Equals Love.** Being a dad means more than bringing home a paycheck....
8. **Understand That Being a Dad Isn't Always Easy.** Being a dad is the best experience you will ever have. Life with children has more meaning, love, and joy than you can dream of. Children bless your life. At the same time, being a dad comes with stress, can make you tired....
9. **Ask for Help.** No man is a "natural" at being a dad. It takes work, and you will always have much to learn....
10. **Read About How to Be a Great Dad.** Get a book or two...or three! For a list of good books visit the National Fatherhood Initiative (www.fatherhood.org).

Use the instructions on page 1 to arrange for a free copy of *So you're a New Father or are About to Become One!* and any other NFI materials from the HCD's Fatherhood Resource Center. ~HI Dads~

The One Hundred Billion Dollar Man

Single motherhood and father absence

The National Fatherhood Initiative's 2007 study *The One Hundred Billion Dollar Man: The Annual Public Costs of Father Absence* defines "father absence" as "families where a biological, adoptive, or stepfather does not live in the same household with his children.

"Fathers may be either fully or partially absent from family life. Fathers may be fully absent because of their death, their incarceration, or their abandonment of their families.

"The category of partially absent fathers includes fathers who live in a different household due to divorce or separation. It also includes fathers who were never married to and no longer live with their children's mother, but who maintain some contact with their children.

"In most respects, therefore, a study of father absence is also a consideration of female-headed families.

"The most common reasons for father absence today are divorce, out-of-wedlock births, and incarceration.

In the past, widowhood accounted for a greater proportion of father-absent households than today, but currently widows make up only 3.6 percent of female-headed families.

"The following table...traces the changing composition of mother-headed households in America since 1960.⁷ Most evident is the growth of never-married mother households

and the decline in widowed mother households. Single-mother households with absent husbands are a declining, yet significant fraction of single-mother households. Some such families are formed when a father is incarcerated.

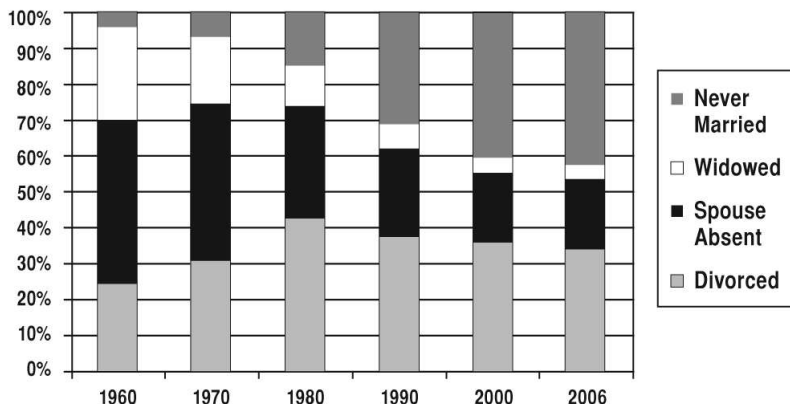
"In all likelihood, the reason for the single-mother family matters in terms of the associated need for assistance from others. Divorce, for example, may not cause the same level of economic distress as unmarried motherhood, because divorced fathers pay more child-support than never-married fathers.⁸"

7 U.S. Bureau of the Census, 2006, Current Population Reports, Table CH-5, "Children Under 18 Years Living With Mother Only, by Marital Status of Mother." www.census.gov/population/socdemo/hh-fam/ch5.csv.

8 Meyer, D., and Judi Bartfield. "Patterns of Child Support Compliance in Wisconsin." *Journal of Marriage and the Family*, 60 (May, 1998): 309-318.



Single-Mother Families 1960-2006



Money Matters**Talking to Kids about Economic Ups and Downs**

by Anita Gurian, Ph.D.



“In these times of economic uncertainty, family talk is apt to center on money, mortgages, jobs, moving, school tuition, and credit cards. Talking to kids about money issues is tough, especially when parents are under stress and have to deal with their own anxieties. Although parents may want to protect their children from worries, kids pick up the signals when things change and when there’s tension in the household. When they don’t know the facts, they’re likely to fill in the gaps themselves with their own imagination or with misinformation based on media reports or talks with other children and teenagers.

“Open and honest communication with kids is important, but parents should be careful not to overburden them or tell them more than they need to know. Take your cue from your child, listen to questions, and provide information in an age-appropriate way.

“**Children under 5**—are most concerned about themselves and need assurance in simple and concrete terms that they will be cared for. They can be content with short term rewards and gifts such as stickers, rather than more expensive toys.

“**Children aged 6-9**—can understand the concept of waiting or saving to buy more expensive things at a later time. They can go through catalogs and can make wish lists of what they want for birthdays and holidays. On shopping trips they can learn to read labels critically and to comparison shop.

“**Children aged 10-12**—can put facts together in more complicated ways and understand that the family has to cut back. They can understand everyday effects of having to economize and can contribute ideas to budget planning.

“**Teenagers**—may feel pressured to keep up with the latest fashion or what their friends have, but can understand the need to prioritize when there’s a limited amount of money. Teenagers are capable of understanding the ramifications of the economic crisis and can discuss issues in more detail, understand more subtle effects of having less money, and be active in problem solving.

“What parents can do

- **Be a model** for your children—demonstrate how to solve problems, how to deal with a crisis, how to make decisions. When they see you handle a situation with confidence they learn that they too can handle life’s challenges.
- **Use the financial situation as an opportunity** to help children learn the difference between what they need and what they want; kids need to learn that every wish cannot be granted. Let them know their parents’ personal values about how to save and spend money.
- **Don’t feel guilty** about saying “no” to some requests, and explain that everyone will have to be more watchful about spending.
- **Establish a regular schedule for family conferences** on how the drop in income will affect everyone’s life. Discuss:
 - Life style changes, such as changing recreation and vacation plans
 - Decisions about priorities for spending money; planning a budget
 - How each family member can help control spending
 - Ways for teenagers to earn money
- **Involve children** in helping out at home—e.g., babysitting, household chores
 - but don’t make them think they’re responsible for supporting the family
- **Maintain household routines** as much as possible.
- **Help children focus on the positive aspects** of their lives. Explore fun, low cost activities.
- **Assure kids** that many families are facing the same issues and need to budget.
- **Let children know you’re concerned**, but sharing your feelings too much or too often can cause undue stress. Kids depend on their parents for security, and when parents are tense and upset the kids feel unsupported.

“By responding to questions and concerns regarding the family’s economic situation in a truthful and respectful manner, parents help develop children’s personal self-confidence, problem-solving ability and knowledge.

(Continued on page 5...**Money Matters**)

Pre-natal Involvement, Not Marriage, Ties Knot**Unmarried Dads**

The best chance of “reeling-in” an unmarried father and building the foundations for a stable family life are the critical months of pregnancy, says new research from the University of Maryland (www.newsdesk.umd.edu/sociss/release.cfm?ArticleID=1805). Marriage itself is no guarantee, the study adds.

“Unmarried dads are less likely to drift away if they are involved during this vital period when a family can begin to bond,” says University of Maryland human development professor Natasha Cabrera, the principal investigator and a researcher at the Maryland Population Research Center.

The study, published in the December 2008 *Journal of Marriage and Family*, is the first to examine the importance of the pre-natal period in the formation of non-traditional family patterns.

The study found that fathers involved during pregnancy were significantly more likely to remain involved in raising their child at age three.

“The unmarried father is much more likely either to maintain or move into a more committed relationship if he’s involved before the birth, and that’s the critical difference,” Cabrera says.

“As you might expect, research has consistently shown that creating a stable home life predicts whether a father will be an active participant in raising the child, but what we’ve learned here is that the pre-natal months are when that kind of family structure is most likely to coalesce.”

The study found that marital status is not a critical predictor of a father’s involvement. “It is the decision that couples make to strengthen commitment and move in together that is important, rather than marital status per se,” Cabrera said. “You don’t need much imagination to see that a live-in dad is likely to be more involved in child care and family life. It’s the personal investment in the child’s and the mother’s future that counts the most, not the paperwork.”

Source: *Nurturing Families E-Newsletter*, Vol. 3, No. 2 (<http://pcaamerica.channing-bete.com/>) ~HI Dads~

(*Money Matters...continued from page 4*)

“The good news is that kids are resilient

“Resilience is the ability to adapt well to adversity, trauma, tragedy, threats, or other significant sources of stress. Resilience helps children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won’t experience difficulty or distress. Pay attention to signals such as sleep and appetite changes, nightmares, avoidance of people or situations that may indicate that your child is having difficulty and consider a consultation with a mental health professional.”

Source: *NYU Child Study Center Letter*, Nov.25, 2008 (www.aboutourkids.org/families/newsletters) ~HI Dads~

Support the Hawai'i Coalition for Dads.

Help promote involved, nurturing, responsible fatherhood in Hawai'i.

☐ Please keep me informed about the activities of the Hawai'i Coalition for Dads.

☐ I would like to volunteer to help; contact me.

☐ Here is my contribution. \$ _____

~ Your donations are tax-deductible. ~

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please make your check payable to: **Hawai'i Coalition for Dads/PACT** Phone: 841-2245

...and send it to: 1485 Linapuni St. #105; Honolulu, Hawai'i 96819

E-mail: HawaiiDads@pacthawaii.org



Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood

c/o PACT / Hana Like

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The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

GOALS:

1. To enhance the ability of Hawai'i's children to grow in peaceful and safe environments.
2. To increase community awareness about fatherhood.
3. To promote the availability and accessibility of quality, father-centered community resources.
4. To advocate for informed public policy regarding fatherhood.
5. To strengthen community collaboration in support of fatherhood.
6. To respect and honor everyone's unique role in children's lives.

Fatherhood & Family Resources

1. **Hilo**: YWCA of Hawaii Island (Healthy Start) (961-3877; ywcawahaiiisland.org)
2. **Kailua-Kona**: Family Support Services of West Hawai'i (326-7778; fsswh.org)
3. **Kaua'i**: Nana's Place/Child and Family Service (338-0252; cfs-hawaii.org)
4. **Maui**: Fatherhood Program—Maui Family Support Services (242-0900; mfss.org);
Neighborhood Place of Wailuku (986-0700); Maui Economic Opportunity (249-2990; meo.org)
5. **Molokai**: Mediation Center of Molokai (553-3844)
- Oahu (and statewide):**
6. Hawai'i State Commission on Fatherhood (www.hawaii.gov/dhs/fatherhood/fatherhood)
7. TIFFE (Nurturing Fathers; Playgroups) (596-8433; www.tiffe.org)
8. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; www.pacthawaii.org)
9. Navy Fleet & Family Support Center (Boot Camp For New Dads) (474-1999; www.greatlife-hawaii.com)
10. PARENTS (235-0488); 11. Kathy's Parenting Solutions (352-3303; kathysparentingsolutions.com)
12. The Baby Hui (groups for Dads, and Moms) (735-2484; thebabyhui.org)
13. The Parent Line (Info & Referral) (526-1222; www.theparentline.org) 14. AUW – 211 (auw.org/211)
15. HPIRC (HI Parental Information & Resource Centers) (841-6177; hawaiipirc.org)
16. DOE Family Support (PCNC; Families for R.E.A.L.; VISTA) (733-4476; familysupport.k12.hi.us)
17. SPIN (Special Parent Information Network) (586-8126; spinhawaii.org)
18. Big Brothers Big Sisters (support for single Dads, and Moms) (521-3811; bigshonolulu.org)
19. Good Beginnings Alliance (Playgroups) (531-5502; goodbeginnings.org)
20. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; tutuandme.org)
21. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; qlcc.org)
22. ALU LIKE (Hawaiian families) (535-6700; alulike.org)

Religious resources: Contact your place of worship...church, temple, synagogue

Internet Resources (check on their "Links," too):

1. **mr.dad** (mrdad.com)
2. **fathers.com** (fathers.com)
3. **Nurturing Father** (nurturingfathers.com)
4. **Nat'l Fatherhood Initiative** (fatherhood.org)
5. **ParentingTime.net** (parentingtime.net)